



JUNIOR TRAINING PROGRAM

Week 28

DECEMBER	TIME	SESSION	VENUE	COACH
Monday 11th	5:15am	SWIMMING	GC Aquatic	Brad
	4:00pm	SWIMMING	GC Aquatic	Donna
Tuesday 12th	5:15am	SWIMMING (U11-U14)	GC Aquatic	Brad & Pierce
	4:15pm	*COMPETITIVE BOARD (U9 & above)	Club	Brad
Wednesday 13th	5:30am	IRONS	Club	Brad
	4:00pm	SWIMMING	GC Aquatic	Donna
Thursday 14th	5:15am	SWIMMING (U11-U14)	GC Aquatic	Brad & Pierce
	4:15pm	*COMPETITIVE BOARD (U9 & above)	Club	Brad
Friday 15th	5:15am	SWIMMING (U11-U14)	GC Aquatic	Brad & Pierce
	4:15pm	NOVICE BOARD SKILLS (U9 & above)	Club	Brad
Saturday 16th	-	<i>KOZII IRON CHALLENGE</i>	Raby Bay	Brad
Sunday 17th	-	-	-	-

*Please ensure you bring both running & water gear for all training sessions
Start times are when we're on the water

Junior Coach: Brad 0418 889 593

Head Coach: Pierce 0422 259 443

* Tues & Thurs board training is for 2017/18 COMPETENT board paddlers

Pink rashies are COMPULSORY for all surf & Broadwater sessions

Orange rashies and CAPS are COMPULSORY for Water Safety Officials

** Caps are COMPULSORY for all Juniors participating in training sessions

Carnival	Age	Date	Location	Entries Close
Young Gun Teams	U11-U15	13 th Jan	Broadbeach	19 th Dec 2017
Aussie Champs	U14	14 th & 15 th Apr	Scarborough WA	14 th Mar 2018